

Nutritional Hotlist for the Little Guys  
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[http://www.dairycouncilofca.org/edu/edu\\_eval\\_dif.htm](http://www.dairycouncilofca.org/edu/edu_eval_dif.htm)

This specific link reviews their Kindergarten Nutrition Program, but the site has great free handouts and downloads for parents and educators of all grades. A program tailored to your grade level is available for purchase, and they claim their lesson plans support multiple intelligences and an "individualized learning model." The site also translates to Spanish.

<http://www.mealsmatter.org>

This site has tons of lunch and snack ideas for school-age children. It has a meal planner and lots of ideas for meals for the whole family. It also has activities for children. A teaching aide could easily guide a Kindergartener through the activities (one example is a game where the student selects a healthy breakfast and a healthy lunch to take to school. He/she has to choose from each food group).

<http://www.dthr.ab.ca/resources/documents/nutrition/Kindergarten.pdf>

Although this is a nutrition plan based on the Canadian guidelines, its lengthy, thorough theme has tons of lesson plans and activities for children this age that can easily adapt to any U.S. differences. I counted 11 great guided activities.

<http://www.nutritionexplorations.org/educators>

This site has tons of lesson plans, including a program just for the pre-k/k set. It also has a nutrition calendar with nutrition/related events, ideas, and informative tidbits. It includes a nutrition news section, as well as a teacher idea exchange and a nutrition book list. I wish I had this one when I was teaching.

<http://www.nal.usda.gov>

The site for the Food and Nutrition Information Center has nutritional recipes, resources, educational materials, and information regarding food safety and nutritional news and updates. It also includes a quick guide on information related to nutrition, learning, and behavior in children.

<http://www.thefoodtrust.org/php/programs/kindergarten.initiative.php>

The Food Trust organization has a program designed specifically for Kindergarteners called the Kindergarten Initiative. The website explains that, "The program is designed with the understanding that schools alone cannot change the eating habits of young children; ongoing communication with parents, events for parents which incorporate cooking and nutrition, and resources for parents to help them plan nutritious meals all serve to reinforce the work done with students in the classroom."

<http://www.goforyourlife.vic.gov.au>

This site has several tip sheets about healthy eating and physical activity (e.g. 23 Ways to Feel Good Inside). Their healthy eating section includes information about young children's appetite, growth, and physical activity with suggestions on how to help kids lead a healthier lifestyle.

<http://www.californiaprojectlean.org>

California Project Lean is an organization dedicated to preventing obesity and chronic diseases through healthy eating and physical activity. The website answers questions about changing nutritional and physical policies at your school, and has a lot of information in Spanish. Enter information from a food label into their snack calculator, and it will tell you if it meets the state's requirements for a healthy snack.

<http://www.dole5aday.com/>

This site promotes students' eating five fruits and vegetables a day. It has lesson plans that incorporate nutrition into language arts, math, social studies, science and music. There are online activities for students as well as activity sheets and other ideas to get kids thinking about eating

their fruits and veggies.

<http://nutritionforkids.com/index.htm>

Nutritionist Connie Evers, author of *How to Teach Nutrition to Kids*, has produced this web site. The site includes *Feeding Kids*, a free online newsletter that includes nutrition tips for teachers, parents, and children. It also includes "This Week's Carrot," a tip that teachers might include in their newsletters to parents (or share directly with their students). There are also nutritional handouts for purchase.